

# FRENCH FITNESS

FFS-SLCLE / FFT-SLCLE

**FRENCH FITNESS SHASTA & TAHOE  
SEATED LEG CURL / LEG EXTENSION**

**ASSEMBLY MANUAL**



OR



## FEATURES

- Perform Seated Leg Curls
- Perform Seated Leg Extensions
- 11 Gauge Steel
- 50 x 100 mm thickness 3mm Steel tube
- ASTM A36 steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability
- Nylon-coated cable meets U.S. military specifications
- Fiberglass-impregnated nylon pulleys
- feature sealed bearings
- Grips retained with aluminum collars, preventing them from slipping during use
- Hand grips are a durable urethane composite
- Solid-steel weight plates. Top weight plate is fitted with self-lubricating bushings
- Weight selector pin magnetically locks in place and is connected to stack to prevent loss
- Standard rear shrouds
- Standard rubber feet protect base of the frame and prevent the machine from slipping
- California Residents see Prop 65 WARNINGS

## TECH SPECS

- Dimensions: 55"L x 34"W x 56"H (L:1400mm, W:860mm, H: 1400mm)
- Machine Weight: 516 lb (234 kg)
- Weight stack: 212 lb (96 KG)
- (2) Weight Stack Adapters: 2.5 & 5 lbs. Add to the weight stack when needed so the weight stack can increase the weight stack by 2.5 lb increments.
- (16) Weight Plate, EA 13.23 Lb (6 kg)
- Weight to Pulley Ratio: 1:1
- Paint Color: Silver
- Vinyl Color: Black

## WARRANTY

**10 Years Parts, 1 Year Labor (Light Commercial)**

## TABLE OF CONTENTS

BEFORE YOU BEGIN .....	4
IMPORTANT SAFETY NOTICE .....	5
CLEAN GUIDE RODS .....	6
ASSEMBLY INSTRUCTION .....	7
WEIGHT STACK FRAME ASSEMBLY .....	9

## BEFORE YOU BEGIN

Thank you for selecting the Seated Leg Curl/Leg Extension. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory.

**Note :** Image shown here is indicative only. If there is any inconsistency between the image and the actual product you receive, the actual product will govern.



## IMPORTANT SAFETY NOTICE

### **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. HYPER EXTENSION LIMITED. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

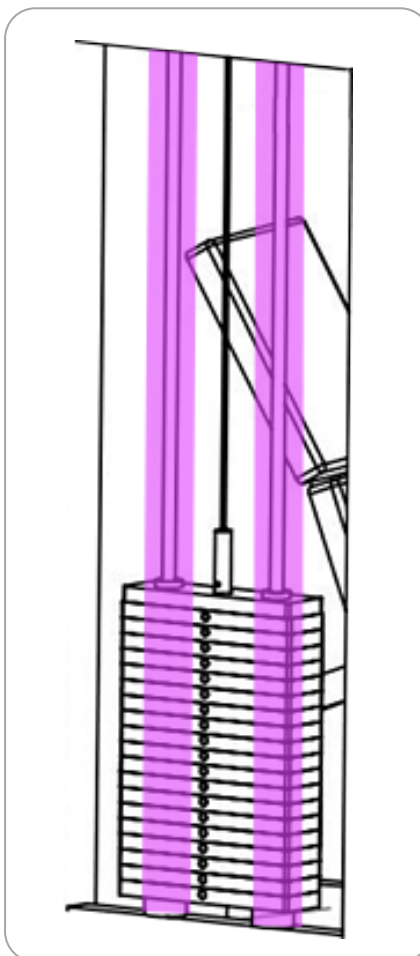
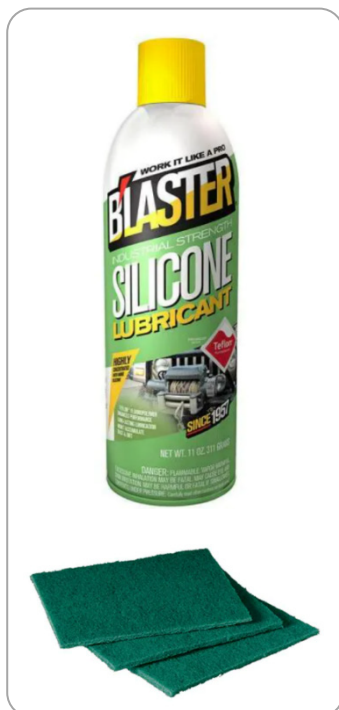
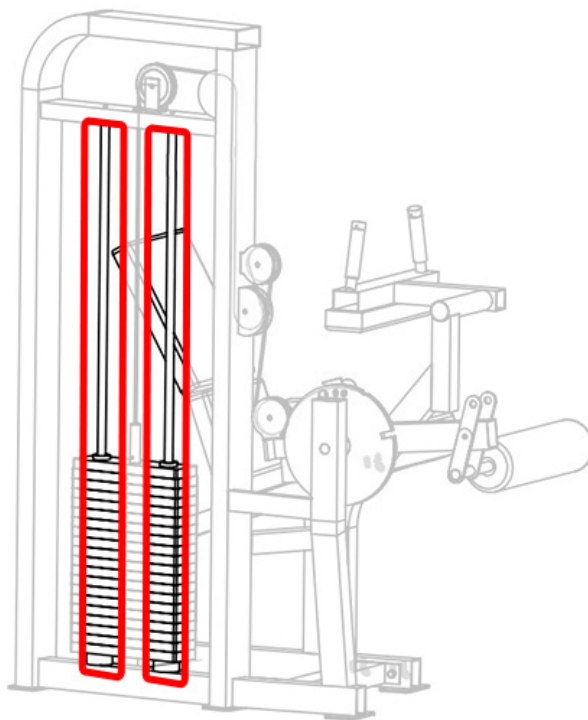
## CLEAN GUIDE RODS

Step must be completed prior to installing. Failure to do so can leave residue from packaging and other sources stuck in the bushings.

Guide rods need to make sure they are cleaned prior to installation otherwise this will cause the top plate to get stuck. It causes buildup in the bushings of the top plates. They just need to be cleaned out as well as the guide rods.

Use Silicon Spray and fiber to remove any excess residue. These can be found around the house or at a nearby hardware store, pics below. Use silicon Spray and steel wool.

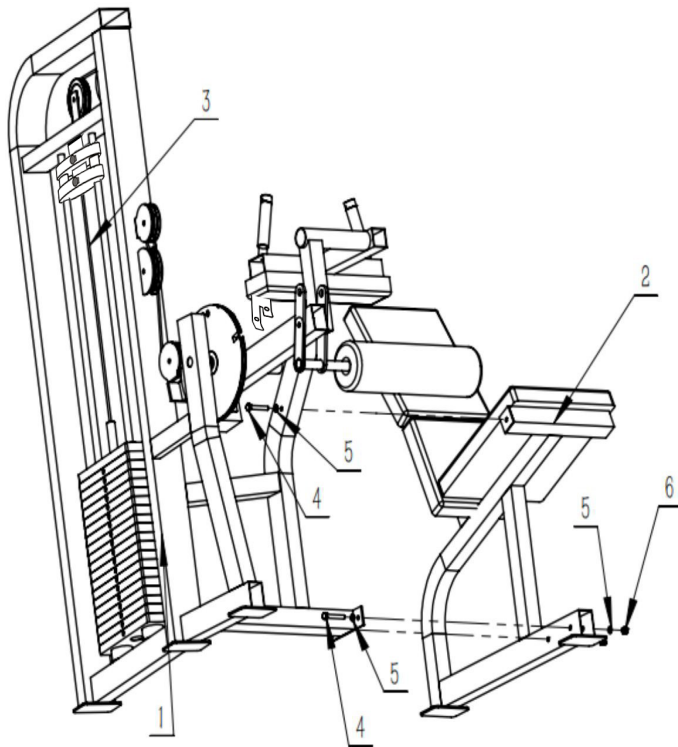
We use "B'laster 16-SL Industrial Strength Silicone Lubricant" and Steel Wool, Grade #0000 Super Fine Grade.



## ASSEMBLY INSTRUCTION

### NOTE.

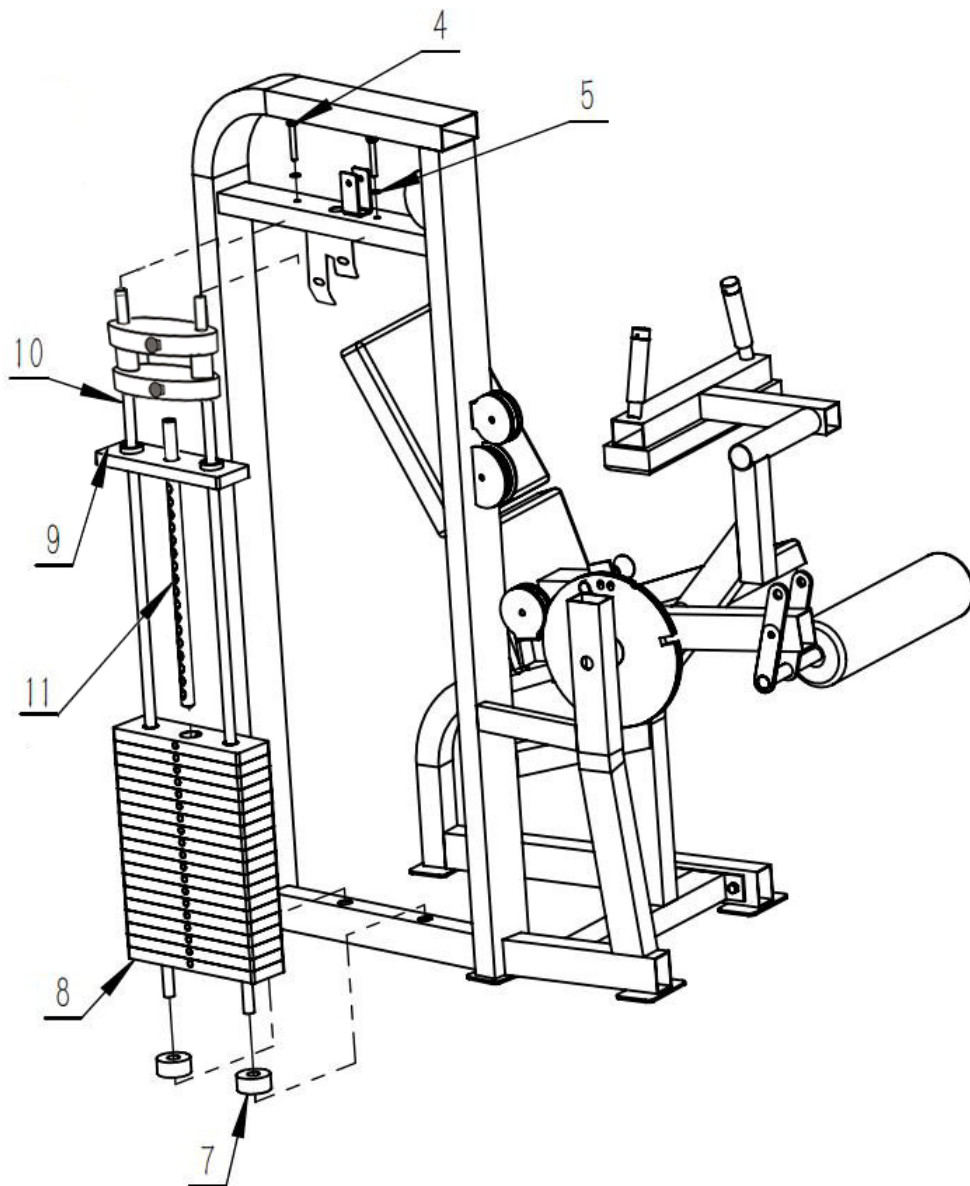
- 1.Washers are pushed at two ends of bolts.
- 2.Some parts has been assembled at the factory.
- 3.It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.



### STEP 1 (Diagram 1)

Attach Part #2 to Part #1, Secure it with Bolt#4 and Washer #5,Nuts #6

## ASSEMBLY INSTRUCTION



### STEP 2 (See Diagram 2)

1. Insert the Guide Rod#10 into the base tube,sliding the Rubber Bumper#7 into the Guide Rod,then Sliding the weight stack #8 and Weight Stem #9 into the Guide Rod one by one.Insert the Selector #11 into the middle hole of weigh stack.
- 2.Secure it with Bolt#4 and Washer#5.

## **WEIGHT STACK ASSEMBLY**

### **STEP 1. RUBBER BUMPERS**



### **STEP 2. GUIDE RODS – TILT OUT**





### STEP 3. WEIGHT PLATES



### STEP 4. TOP PLATE/SELECTOR ROD – REMOVE FROM CABLE FOR NOW + INSTALL THE TOP PLATE



## **STEP 5. ADAPTER WEIGHTS**



## **STEP 6. TILT IN GUIDE RODS— RAISE THEM IN ORDER TO BOLT THEM IN**





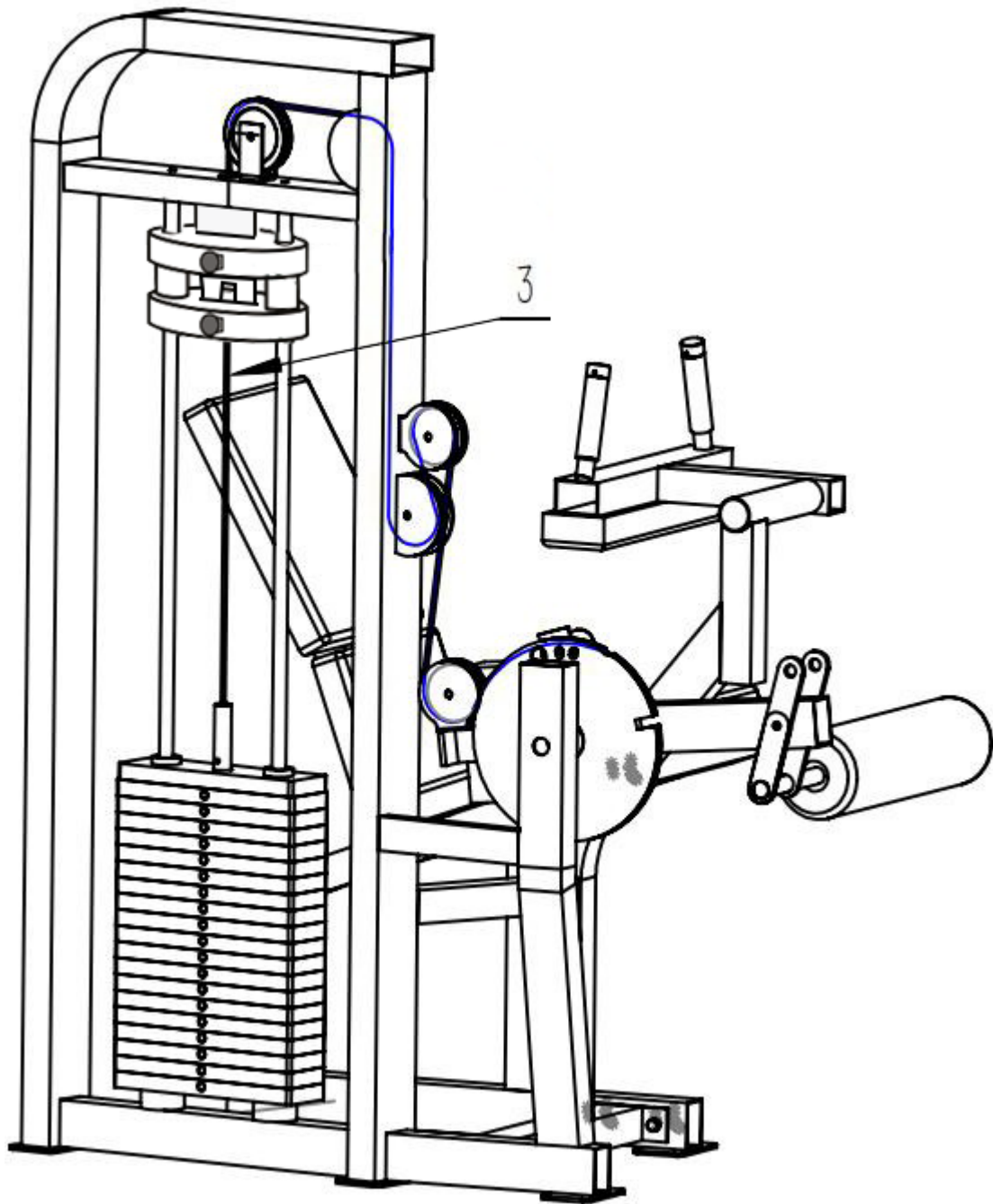
**STEP 7. INSTALL THE WEIGHT SELECTOR PIN AND REATTACH CABLE TO THE TOP PLATE AND THEN STORE WEIGHT ADAPTERS ON THE CHROME BRACKET AT THE TOP SO THAT THE CABLE CAN BE TIGHTENED AND ADJUSTED**





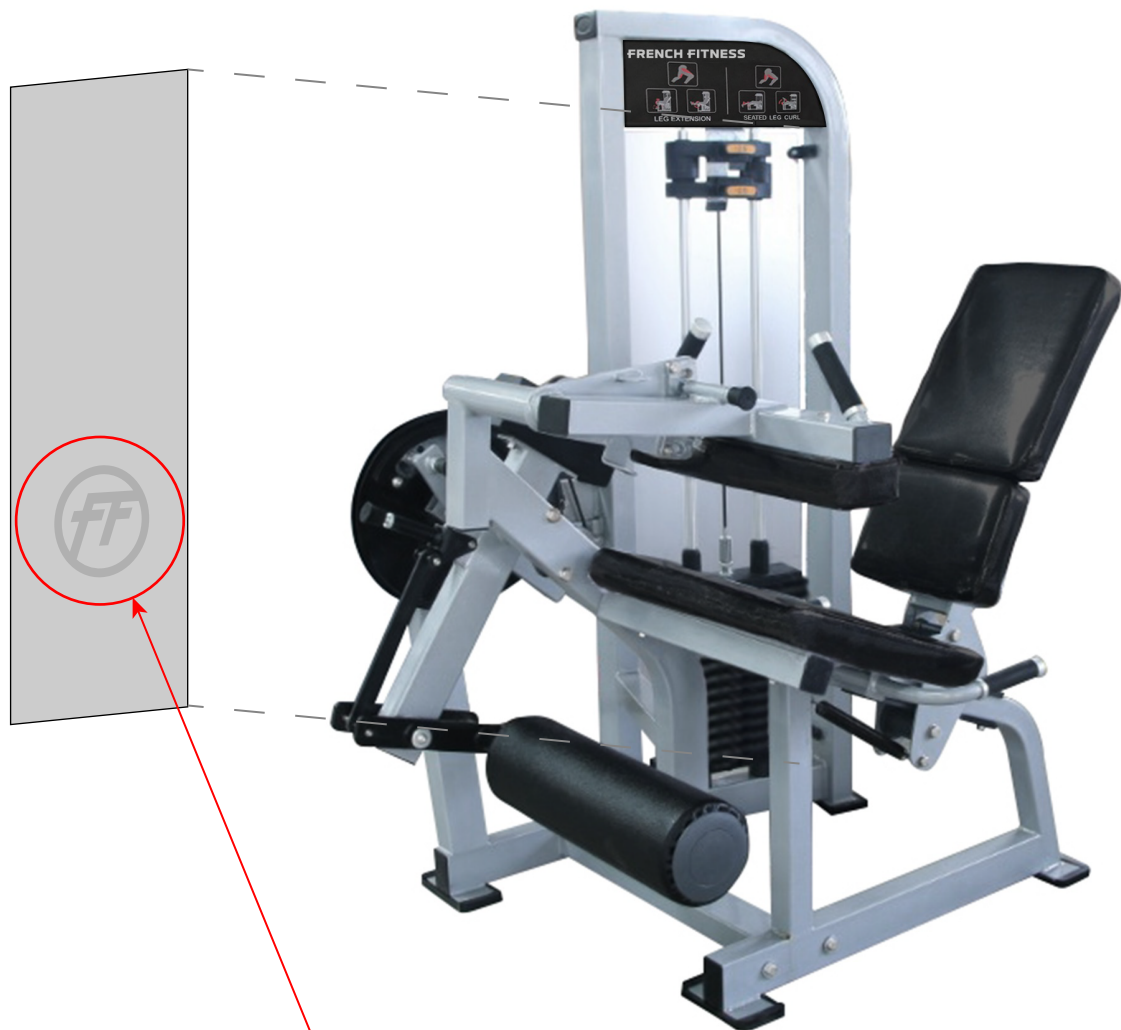
## ASSEMBLY INSTRUCTION

### Cable Loop



1. Tighten all the bolts and nuts.
2. Before using the machine, please tighten the cable and pulley hard

## ASSEMBLY INSTRUCTIONS



- 1) Attach the shrouds using included screws to the black brackets
- 2) Once attached, apply circular "FF" stickers onto the shroud, on the side that faces away from the weight stacks, with the bottom of the FF circle at the height of the top weight stack plate.